

## CACFP 4-Week Cycle Menus Tip Sheet for Adults

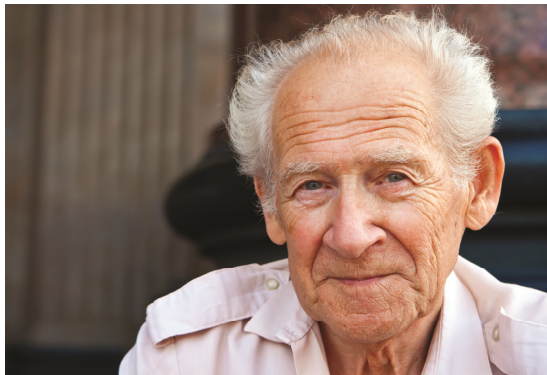
The 4-week cycle menus for CACFP meet the requirements for the upgraded meal patterns that take effect October 1, 2017. The menus are examples for you to use as is or modify to fit your program needs. Read over the tips below when planning, preparing and serving your menus. For additional help contact your local Education Service Center (ESC).

### Healthy Tips

For some adult participants, the food they eat at the CACFP adult day care program will be the tastiest and healthiest food they will have all day. The senior population has their own special needs when supporting good health through nutrition. Review the warning signs of poor nutrition below:

#### DETERMINE:

- D**isease
- E**ating poorly
- T**ooth loss
- E**conomic hardship
- R**educed social contact
- M**ultiple medications
- I**nvolutionary weight loss/gain
- N**eed of assistance in self-care
- E**lder years above age 80



The senior population needs a variety of carbohydrates, protein and fats every day. Older adults need slightly more dietary protein than younger adults because the body of the older adult uses protein from food less efficiently. Offer a variety of quality proteins from meat/meat alternates and milk products. Aging alters vitamin and mineral needs. Offer a variety of foods cooked/prepared to insure adequate intake for nutritional health. Dietary fiber found in whole grains, fruits, vegetables and legumes are essential for the aging adult, cooking foods high in fiber may make the fiber easier to chew and digest. Seniors need to drink plenty of fluids even if they do not feel thirsty. Encourage a cup of fluid between meals and a cup with meals. Frozen fruit bars, fruit slush or fruit smoothies also add fluids. Individual Plan of Care and Nutrition Assessment may be needed for the adult participant. The nutrition assessment will include a plan of care identifying individual goals and interventions.

### How to Modify the Menus

Vegetables – stay within the same color group – if substituting for broccoli then provide another dark green vegetable: Romaine lettuce, kale, mustard or turnip greens, Brussel sprouts etc.; if a red-orange vegetable needs a substitute then carrots, sweet potatoes, red bell pepper strips, tomatoes, butternut squash, pumpkin, or acorn squash fit the need; if dried beans or peas is being used as a vegetable on the menu then substitute another dried bean or pea: lima beans, black bean, pinto bean, kidney bean, black-eye peas, navy bean, pork & bean, baked bean, or sugar snap peas. Keep extra servings of vegetables in a frozen or canned capacity for unexpected menu substitutions.

Fruits – substitute citrus fruit with another citrus fruit; for orange wedges – serve grapefruit, pineapple, tangerine, tangelo, or mandarin orange. Serve a variety of colorful fruits – include dark



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purple and blue for the highest nutrient intake (blueberries, blackberries, purple plums, and purple grapes). All-time favorites are good (bananas and apples) but remember to mix it up with berries, citrus, and melons. Use a combination of fresh, frozen and canned to balance cost and variety. Keep extra servings of fruit in a frozen or canned capacity for unexpected menu substitutions. Limit juice to once daily.

Grains and Breads – serve at least one whole grain-rich food daily – an extra serving or two is even better. If substituting a whole grain-rich menu item be sure to replace it with one; look for whole grain items – oats, whole corn, brown rice, whole wheat, and quinoa.



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